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|  | * 2 protons (hydrogen atoms) collide * 1 of the protons shoots out a positron because it was hit so hard * the proton that loses the positron, becomes a neutron, forming a proton-neutron pair * this happens twice |
|  | * the proton-neutron pair collides with 1 proton to form a nucleus with 2 protons and 1 neutron * this happens twice |
|  | * the proton-1 neutron trio collide with another proton-1 neutron trio * 2 protons and 2 neutrons fuse together to form helium and the 2 leftover protons shoot off, go their separate ways, and start the process over again as hydrogen |